

Fear of Happiness, Rumination and Burnout Among Young Adults

Ms. Radhika Goyal¹, Dr. Roopali Sharma²

¹Student, Psychology, Amity Institute of Psychology and Allied Sciences

Abstract

The current study looked at the link between Fear of Happiness, Rumination, and Burnout in young adults, as well as differences between men and women and the role of Fear of Happiness as a predictor. Standardized tests, such as the Fear of Happiness Scale, the Ruminative Response Scale, and the Burnout Assessment Scale, were used to test a group of 105 people, both men and women, between the ages of 18 and 25. A correlational research design was utilized, and data were analysed employing Pearson's correlation, independent samples t-test, and regression analysis.

The results showed that Fear of Happiness was strongly and positively linked to Rumination in both men and women. But it did not have a strong direct link to Burnout. Rumination was strongly linked to Burnout in both men and women. There were big differences between men and women in Rumination and Burnout, with women scoring higher. However, there was no big difference in Fear of Happiness. Regression analysis showed that Fear of Happiness was a strong predictor of Rumination and a weak predictor of Burnout.

The results suggest that Fear of Happiness may cause mental health problems mainly through negative thought patterns like rumination. Changing these kinds of thoughts may help young adults avoid burnout.

Keywords: Fear of Happiness, Rumination, Burnout, Young Adults, Gender Differences, Psychological Distress

Chapter- 1 Introduction

1.1 This research focuses on the field of clinical psychology.

This study mainly engages with clinical psychology, investigating the fear of happiness (FoH) as a predictor of rumination and burnout. The main objectives of clinical psychology are to understand psychological suffering, maladaptive behaviours, and emotional illnesses, as well as to evaluate and treat these conditions. It also helps us understand how cognitive, emotional, and behavioural processes interact together to impact mental health. The current research investigates maladaptive cognitive processes and their contribution to the development of psychological distress, therefore establishing relevant connections to this topic.

The primary objective of clinical psychology is to identify the causes that initiate and sustain mental health issues in individuals. In this context, incorrect beliefs about positive emotions may be used to characterize the dread of happiness as a cognitive susceptibility. People who have a high Fear of Happiness (FoH) generally link good times with bad things, such as loss, disappointment, or punishment. These notions typically emerge from schemas that have to do with fear, cultural conditioning, or things that have happened in the past. Conversely, from a therapeutic standpoint, these maladaptive cognitions parallel the

core beliefs and negative automatic thoughts highlighted in cognitive models of psychopathology. Their propensity to distort emotional experiences and impair normative emotional regulation makes persons more susceptible to psychological distress, hence intensifying their sensitivity.

Ruminating is regarded as one of the most evident indicators of these maladaptive beliefs. This is a really significant notion that clinical psychologists have researched a lot. "Rumination" is a term that means ideas that keep coming back, are passive, and are often out of control. These thoughts are about things that make you feel bad. This transdiagnostic factor is widely recognized as the primary etiology of several psychiatric disorders, including anxiety and depression. Rumination is a pattern of thinking that does not work and makes bad emotions worse, makes it difficult to solve issues, and makes emotional anguish stay longer. It is not only a means to cope from a therapeutic point of view. It does not operate well as a mental activity. People who are extremely terrified of happiness are more inclined to ponder about things over and over again because they are more likely to reject or mistrust good sensations. This is because they are more likely to doubt or reject it. This shows that FoH may change negative thinking patterns and help them develop by being a part of the mental process that comes before them.

Rumination also has an effect on mental illnesses that last for a long time, including burnout. Burnout is a syndrome that includes depersonalization, emotional exhaustion, and a diminished feeling of personal achievement. Initially recognized in occupational settings, it is now broadly recognized in clinical psychology as a significant concern. It is a disorder characterized by persistent psychological stress due to continuous stressors and inadequate coping strategies. From a therapeutic standpoint, the manifestations of burnout and depression are notably similar, particularly regarding weariness, reduced motivation, and emotional depletion. Rumination is a major cause of burnout since it makes it harder for people to recover mentally and regulate their emotions. This is because it may keep people mentally engaged with tasks over time.

When you bring together the notions of rumination, burnout, and the fear of happiness, you obtain a method of being psychologically sensitive that is vital for treatment. The fear of happiness is a faulty belief system, and long-term mental and emotional stress may cause burnout. Being terrified of pleasure and thinking about things over and over again will not make you happy. This sequential relationship corresponds with cognitive-behavioural theories, which assert that dysfunctional beliefs are the primary origin of maladaptive cognitive processes, ultimately resulting in detrimental impacts on emotional and behavioural functioning.

Additionally, the results have significant implications for therapeutic interventions, particularly with early diagnosis and preventative measures. Clinicians may tackle these maladaptive attitudes via cognitive restructuring and therapeutic therapies. This is accomplished by acknowledging that the dread of pleasure acts as a precursor to rumination and burnout. Behavioural treatments, such as cognitive-behavioural therapy (CBT), may help individuals develop better ways to deal with stress, stop ruminating on negative thoughts, and face negative attitudes about happiness. This also highlights how significant the research is in clinical psychology since it serves to make both theoretical understanding and evidence-based therapy better.

In summary, the present research investigating maladaptive cognitive processes and their correlation with psychological distress is firmly rooted in clinical psychology. The study investigates fear of pleasure as a predictor of rumination and burnout, therefore augmenting the comprehension of cognitive vulnerabilities and their influence on mental health. As a result, the research emphasizes the significance of this phenomenon in therapeutic settings.

1.2 "Fear of Happiness" is what FoH stands for.

For a long time, people have believed that happiness is one of the finest ways to feel mentally. Happiness is more than just feeling well; it is also about being happy with your life and feeling like you are doing well. In the field of positive psychology, happiness is often seen as a crucial measure of well-being and peak performance. Conversely, recent studies have started to challenge the universality of this assumption by demonstrating that various individuals and cultures experience and interpret pleasure in markedly different ways. This change in how we think has led to the idea of "fear of happiness."

Recent psychology research suggests that people do not uniformly notice or react to others feeling happiness, despite the common association of pleasure with positive stimuli. This heightened understanding has led to the formulation of intricate hypotheses that challenge conventional notions on the variety of pleasure. The idea of being afraid of happiness is a psychological concept that shows a paradoxical and feelings.

People who are terrified of happiness do not like having fun, talking about it, or seeking for it. People could think of this fear as a habit they have. People often believe these things because they fear that having fun may lead to terrible things, such losing something, being disappointed, being punished, or being made fun of by others. People who are very afraid of happiness may think things like, "When I'm too happy, I expect something bad to happen," or "It's better not to be too happy because it might bring bad things." These thoughts show a cognitive distortion in which positive emotional experiences are seen as possible threats.

The roots of the dread of happiness may be analysed via the lenses of developmental psychology, cognitive psychology, and sociocultural psychology. From a developmental standpoint, early life events profoundly impact the development of emotional beliefs. People who have had a lot of nice things happen and then horrible things happen could think that being open is a good thing. For example, someone who has recently been happy and then gone through a terrible time or failure may start to think of pleasure as short-lived and risky.

A fear of happiness might be a maladaptive schema or core belief that influences how we feel about things. This is how the events feel to me mentally. Schemas are conceptual frameworks that assist us in comprehending and organizing information. People who think that pleasure is linked to danger or instability are more inclined to perceive good things in a bad way. This makes it hard to see the pleasant things that happen. People could be fearful of the future, not talk about their sentiments, and avoid situations that might be pleasurable because of this.

Sociocultural elements have a role in the formation and continuation of dread of happiness. In many collectivistic cultures, like India, people emphasize being modest, keeping their emotions in check, and getting along with others. Some individuals can consider that being excessively happy is unpleasant, selfish, or even makes other people jealous. Also, old superstitions like "nazar," which means "evil eye," back up the concept that being happy in public might lead to terrible things occurring. These tales from diverse cultures may alter individuals' perceptions of good emotions, perhaps leading to the belief that pleasure is rooted in fear.

It is important to remember that being afraid of happiness has a big effect on how the brain works. People who are scared of happiness may do everything to keep from feeling good. For instance, someone can minimize their triumphs, quit doing activities they like, or keep their sentiments to themselves. These behaviours not only make you feel bad, but they also make you less healthy and more mentally unstable. Fear of happiness has also been linked to bad things like despair, anxiety, and not being content with life.

People who do not have enough pleasant experiences may not be getting the mental tools they need to grow and learn how to cope with issues. Positive emotions are especially helpful for making cognitive processes work better, boosting creative thinking, and making it easier to solve problems in new ways. If people try to ignore or push these feelings away, they may feel more worried and dissatisfied.

Young people definitely need to be scared of being joyful. This stage of development is different from others since it includes exploration, change, and the creation of an identity. Young people often experience issues including stress at school, anxiety about their employment, and difficulties with their social life. These problems might make people more emotionally sensitive and prohibit them from changing their negative attitudes. People may not be able to fully take advantage of opportunities to learn and have pleasure if they consider that happiness is bad or unjust.

This is why the concept of being terrified of happiness is difficult and goes against what most people assume about emotional wellness. To truly understand mental health, we need to know how it influences the way we think and feel about things.

1.3 Rumination

Rumination is a frequent cognitive phenomenon that has been the subject of substantial research in cognitive psychology, clinical psychology, and affective psychology. It is a repetitive, passive, and sometimes invasive way of thinking that is connected to undesirable ideas, worries, or experiences. On the other hand, rumination occurs when you keep thinking about something that makes you sad over and over again. This keeps the pain going. Adaptive reflection, on the other hand, helps you improve and get through tough times.

Rumination is paying attention to bad sensations and the thoughts that come with them. People who ruminate usually think about their thoughts over and over again, trying to figure out why they feel awful and focused on what they believe are their flaws or problems. This process, which may happen without the person knowing it and is hard to stop, makes people cling on to bad ideas for a long period.

Two essential methodologies for conceptualizing rumination are to reflect on it deeply and to ruminate about it. Reflective contemplation is an intentional and analytical cognitive process designed to comprehend one's own intricacies. It might lead to amazing things, but it could also be detrimental if you thought too much without coming up with a solution. When someone broods, on the other hand, they think about their poor condition in a passive and critical manner. In general, it means thinking about how things are now and how they want them to be. Many individuals say that brooding is the worst thing about overthinking. This is because it is so closely linked to indicators of melancholy and emotional anguish.

Ruminating is different from other hobbies since it typically makes itself stronger. People who keep thinking negatively feel worse emotionally, which makes them think about it even more. This makes the unpleasant impact worse by making it worse. This habit might cause long-term mental health problems, such as worrying and being unhappy over time.

Ruminating may also change the way you think. This makes it tougher to concentrate, figure things out, and accomplish other activities that need executive functioning. People who ruminate may have a hard time stopping themselves from thinking about terrible things, which might make them less productive and cause them to make poor choices. Also, thinking too much might mess with your regular sleep cycles and make you feel tired and worried.

Young people typically think too much since they are facing a lot of new problems right now. Some factors that might make individuals think too much include academic stress, comparing themselves to others, and not knowing what they want to do with their life. Students often concentrate on their performance,

relationships, or perceived shortcomings, resulting in increased stress and diminished well-being. This is particularly noteworthy since rumination is a key cause of many mental health disorders. It not only causes sadness and anxiety start, but it also makes them last longer and makes the symptoms worse. To come up with effective treatments, it is crucial to know what triggers and keeps rumination continuing.

1.4 Burnout

Burnout is a serious mental health issue that happens when someone is under a lot of stress for a long period. It is more likely to happen in places where people have great hopes and not much help. A lot of people believe that this is a big mental health problem that affects people in a lot of settings, such schools, hospitals, and workplaces.

Being burned out means feeling emotionally drained, like you are not making any progress, and like you are not doing your best work. Emotional exhaustion is a condition of physical and emotional tiredness that occurs when people feel drained and are unable of coping with the relentless expectations placed upon them. When someone is depersonalized, they do not feel that they are connected to their job or their duties. This usually seems like not caring or not being involved. People's feeling of self-efficacy and personal achievement fall down when they think they are not performing well enough.

A lot of individuals, particularly students and young adults, have been talking about burnout in the last several years. greater academic stress, greater competitiveness, and higher expectations all make academic burnout a serious concern. Students may experience chronic stress due to the continuous need to balance several obligations, including academic demands, extracurricular activities, and job readiness. Burnout has several effects and changes how things work in many ways. When people are burnt out, they may not be as motivated, have trouble thinking properly, or do badly in school or at work because of how they feel. Burnout may also make mental health problems worse, such anxiety, depression, and mood swings.

It is not simply stress from outside sources that makes people burn out. Psychological variables that arise within also contribute. People may feel more anxious when they have cognitive habits like rumination that prevent them from getting rid of negative ideas. Emotional beliefs, like the fear of happiness, might make resilience worse by keeping individuals from having good experiences. To comprehend burnout, it is essential to examine both the individuals and the environment. By looking at how cognitive processes and emotional attitudes affect each other, researchers may be able to learn more about what causes burnout and how to cure it.

1.5 Theoretical Discourse Frameworks

Cognitive Theory Aaron Beck's

Cognitive Theory offers a foundational framework for comprehending the impact of cognitive processes on emotions and behaviours. From this viewpoint, individuals do not react instantaneously to occurrences in their surroundings. Their responses are instead shaped by cognitive processes, including thoughts, beliefs, and interpretations. Schemas, or cognitive frameworks, evolve throughout time, shaped by personal experiences and cultural factors.

Schemas are like mental filters that help individuals understand what is going on around them. When these schemas are helpful, they help us perceive things more clearly and fairly. But maladaptive schemas may cause cognitive distortions including catastrophizing, overgeneralization, and selective abstraction. All of these are examples of bad ideas. These misleading ideas hurt people's minds and can change how they feel.

Cognitive Theory offers an extensive framework for understanding the development of adverse views of

good emotions, especially with the dread of pleasure. People who are very afraid of pleasure may make cognitive maps that link enjoyment with being weak or the dread of losing something soon. For instance, someone could assume that being joyful would always make them unhappy, therefore they would seek to prevent or hide pleasurable sensations. This cognitive distortion not only makes it hard to appreciate things, but it also makes you feel worried and unstable for a long time.

These poor thoughts might lead to further harmful thoughts. People could worry about what will happen next or spend too much time thinking about the good things that happen instead of simply enjoying them. This is a lot like rumination, which is when people keep thinking about bad things that may happen even when they are happy or comfortable. Over time, this loop of thoughts might make you feel emotionally drained and fatigued.

Cognitive theory also talks about automatic conceptions, which are ways of thinking about things that occurs without you even noticing it. People who are afraid of happiness may automatically believe things like "This won't last" or "Something bad will happen soon." These thoughts make negative schemas stronger and keep unfavourable emotional reactions going.

Cognitive Theory offers an extensive framework for comprehending the origins of the fear of pleasure, the mechanisms that perpetuate it, and its impact on many psychological processes, including rumination and burnout.

1.6 The Theory of Response Styles

Susan Nolen-Hoeksema developed the Response Styles Theory, which elucidates how people react when they are distressed. This theory asserts that individuals' regulation of unpleasant emotions profoundly affects the length and severity of these experiences. Rumination has been shown to be one of the most harmful types of response.

People who ruminate are continually thinking about their grief, why it happened, and what it means, but they do not do anything to make it better. Others who think this way, which is passive and repetitious, make terrible feelings worse and inhibit others from employing good ways to deal with them. The idea behind it is that those who ruminate are more likely to have long-lasting depressive symptoms and greater emotional pain.

One of the most important things about Response Styles Theory is how much it talks about how rumination continues happening on its own. People who ruminate concentrate more on their unfavourable feelings, which makes them feel worse. This increased suffering starts a loop that makes people think about things more. This kind of conduct not only makes people feel horrible, but it also makes it hard to make decisions and solve problems.

The Response Styles Theory explains how negative emotional beliefs may affect our thoughts, especially when we are scared of being pleased. People who are terrified of being happy could think about things that make them happy while they are happy. People could not appreciate the present moment because they are worried about awful things coming and wonder whether they can be happy in the long run. The steps above turn a good experience into something to worry about and be scared of.

Also, rumination may link mental states with the effects of psychological processes. For instance, being afraid of pleasure could make you think about things too much, which might make you tired. Rumination worsens emotional tiredness and lowers overall well-being by making it hard for people to get away from stress and bad thoughts.

Response Styles Theory illustrates a substantial relationship between cognition and emotion, highlighting the need of treating rumination in psychiatric therapies.

1.7 The idea of burnout

According to Christina Maslach's Burnout Theory, burnout is a mental reaction to being under persistent stress, especially when there are high expectations and not adequate resources. Maslach thought about this. From this viewpoint, burnout does not happen all at once. People try to deal with tension that does not go away, and it becomes worse with time.

This notion suggests that burnout may be broken down into three primary parts: feeling emotionally weary, feeling like you do not matter, and feeling less successful. People who are emotionally drained feel fatigued and cannot deal with their problems since they do not have any more emotional or physical energy. When someone depersonalizes, they often feel alone or cynical, which makes them less inclined to care about other people or become engaged. A drop in personal success is linked to a drop in self-efficacy and a general feeling of not being good enough.

The Burnout Theory examines the interplay between individual characteristics and the environment. Burnout may also happen because of how you deal with stress, how you think, and how your brain operates. External stressors, such as an excessive workload and time limitations, substantially contribute to the development of burnout.

In the context of the current investigation, rumination, and other cognitive processes, with emotional dispositions such as the dread of happiness, are especially pertinent. People who ruminate may have trouble stopping their negative thoughts, which might make their emotional pain last longer. People who are afraid of being happy may not have as many nice things happen to them that may help them cope with stress, which makes them more likely to burn out.

The Burnout Theory also talks about how crucial it is to get well and stay strong while you are in pain. Having positive feelings is a terrific approach to repair mental resources and help people feel better. On the other hand, those who ignore or push away good feelings because they are afraid of happiness may lose an essential element of their protection that helps them prevent burnout. Burnout Theory offers a thorough framework for comprehending the interaction of emotional beliefs, cognitive processes, and persistent stress in the emergence of burnout.

1.8 Relationship Between Variables

1.8 a Fear of Happiness and Rumination

The connection between rumination and fear of happiness might be seen as a dynamic interaction between emotional beliefs and cognitive processes. Individuals predisposed to see pleasure as a danger tend to engage in excessive rumination and analysis during enjoyable experiences. They may not only adore it, but they could also question whether their happiness is genuine, will continue, or has any harmful repercussions.

This habit of pondering too much about happy ideas might lead to rumination. For example, someone could continually be anxious about whether their happiness will endure, what might go wrong, or how other people would respond. If you keep thinking about these things, they may turn a happy event into a worry, which would make the cycle of rumination much worse.

People could start to act the same way again and over again, no matter what happens. This not only makes the patient feel worse emotionally, but it also makes it tougher for them to discover solutions to their issues that work.

1.8 b Fear of Happiness and Burnout

People who are afraid of being happy may burn out because they cannot feel happy, which is important for mental rehabilitation. Positive feelings are fantastic for lowering stress, making you more resilient, and

making you healthier. People who constantly ignore or push down these feelings may be more likely to feel stressed and emotionally drained.

People who are extremely terrified of being happy may not be able to appreciate their triumphs either. If you lose your drive, become angrier, and feel like you are not good enough, you might burn out. If you cannot find happiness, you could feel sad all the time, which makes the emotional pressure worse.

1.8 c Rumination and Burnout

Ruminating has consistently been shown as a substantial predictor of burnout. People who ruminate do not move on from the problems they are facing, which keeps their feelings alive longer and makes it take longer for them to recover. People who ruminate may keep thinking about their issues, duties, and perceived failures, even when things are not so bad.

One of the biggest reasons people become burned out is because they cannot stop thinking about their difficulties, which makes them fatigued emotionally. Rumination might make you feel more weak and less capable, which can make you more likely to burn out.

1.9 Need for the Study

There has been a clear rise in the amount of mental discomfort among young people, particularly students, in the last several years. People are more apprehensive and stressed out these days for a multitude of reasons, such not knowing what their jobs will be, having high hopes, and confronting strong competition. Even if more people know about the problems that come with mental health, it is still crucial to know what cognitive and emotional factors might create mental health issues.

The dread of happiness is one of these processes, and it has not been explored much in connection to other psychological ideas. Previous studies have shown its correlation with general discomfort; nevertheless, the precise function it serves in predicting particular outcomes, such as rumination and burnout, is still little understood.

Culture also has a big role in how people feel about their sentiments. In Indian culture, it is common for cultural norms to encourage being humble, moderate, and careful while dealing about terrible feelings. It is crucial to examine the fear of happiness within this cultural framework, since these standards may influence people's feelings and reactions to pleasure.

1.10 Significance of the Study

This topic has considerable theoretical and practical significance. By integrating emotional beliefs, cognitive processes, and stress-related consequences into a unified framework, it contributes to the current corpus of theoretical study. The research elucidates the role of fear of happiness as a predictor of rumination and burnout, therefore augmenting the comprehension of the processes that contribute to psychological suffering.

The results of this research may contribute to the formulation of tailored therapeutic interventions aimed at enhancing the mental health of adolescents and young adults. If therapists believe that a fear of happiness may be a danger factor, they may discover strategies to assist patients in managing detrimental beliefs and enhancing their emotional comprehension.

The results have important consequences for schools and politicians since they show how important it is to deal with both cognitive and emotional variables in order to avoid burnout and improve well-being.

Chapter-2 Review of Literature

2.1 Researches

Machine Learning Burnout Review (2026) conducted the study that focused on the identification of burnout highlighted the growing integration of emotional and cognitive signs in the process of predicting burnout. The findings of the research indicated that emotional dysregulation and negative cognitive patterns are major predictors, which suggests that constructs such as rumination may play a significant role in the development of burnout.

Scientific Reports Study (2025) conducted the study on one of the factors that underlies psychological anguish and fear of pleasure was investigated in research that was published in the journal Scientific Reports. According to the results, the fear of happiness is a factor that indirectly leads to suffering by reducing resilience, diminishing the meaning of life, and weakening social support. The research shed light on the many channels via which maladaptive ideas about happiness might have an effect on the circumstances around mental health.

Springer Validation Study (2025) on the Fear of Happiness Scale was validated across several cultures, and the results of this research demonstrated that it is reliable over a wide range of groups. The findings of the study demonstrated that fear of pleasure is consistently connected with sadness and anxiety across a variety of cultural situations, hence demonstrating the resilience of this psychological concept.

Mohsen Joshanloo (2024) conducted an exhaustive study in which he analysed and synthesised 10 years' worth of empirical evidence on the fear of happiness. According to the findings of the study, the belief system known as "fear of happiness" is one that considers good feelings to be an indication of future negative events. According to the findings of a number of studies, those who had significant levels of dread associated with pleasure consistently reported poorer levels of life satisfaction, greater levels of discomfort, and inferior psychological functioning. This review brought to light the rising interest in this subject all around the globe, as well as the relevance of this notion in understanding disordered emotional processing.

Bulbul & Ozbay (2024) conducted the study where they investigated the potential role that dread of happiness may have as a mediator between rumination and depression in college students. In order to demonstrate that fear of happiness had a role in mediating the connection, the study used a relational survey architecture. The conclusion that can be drawn from this is that those who had dysfunctional attitudes about happiness and positive thoughts about happiness were more likely to develop symptoms of depression. Rumination is connected to the dread of happiness, which is supported by this study in a roundabout way.

Journal of Psychiatric Research Meta-analysis (2024) chose to examine post-event rumination that was conducted using a meta-analytic approach that revealed that continuous repeated thought is a substantial contributor to emotional dysregulation, especially results linked to anxiety. As a result of the results, rumination was brought to light as a transdiagnostic activity, which further emphasized its function as a cognitive vulnerability factor that contributes to the maintenance of psychological distress.

Acta Psychologica Study (2024) which pointed the lack of established limits for diagnosing maladaptive rumination was highlighted in recent research that investigated excessive levels of ruminating from a cognitive perspective. The study demonstrated that increased rumination is connected with a variety of undesirable psychological outcomes, including emotional instability and sensitivity to stress. This was the case despite the fact that the research was conducted using discrepancies over the methodology.

Gossmann et al. (2023) investigated the connection between work-related rumination and burnout among

professionals was carried out during the course of a daily diary research. The results demonstrated that persons who participated in frequent rumination suffered greater levels of emotional weariness and diminished well-being. This suggests that there is a substantial link between recurrent thought and the symptoms of burnout.

Caswell et al. (2022) investigated the rumination, who looked at the function of "inability to let go" as a component of the phenomenon. According to the findings of the research, persons who had difficulty disengaging from negative thoughts displayed enhanced levels of anxiety and dysphoria, as well as a diminished sense of well-being. Furthermore, these data provided further evidence that rumination is a persistent cognitive activity that is detrimental in nature.

According to the findings of a meta-analysis that Madigan and Curran (2021) carried out on the topic of student burnout, there is a significant connection between burnout and psychological distress, which includes both anxiety and depression. By highlighting the growing incidence of burnout among young people and the adverse effect that it has on mental health, the research brought attention to the issue.

Yıldırım and Guler (2021) looked at how fear of happiness, resilience, and mental health outcomes are related to each other. The research indicated that those who were more afraid of happiness were less resilient and more stressed and mentally distressed. People who were afraid of happiness were less likely to use positive coping mechanisms, which suggests that people with these attitudes may have a hard time dealing with stress. The results show that fear of happiness may lead to burnout by making people less emotionally strong. This research shows how important it is to look at fear of happiness as a sign of bad consequences.

Watkins and Roberts (2020) investigated rumination as a transdiagnostic process affecting emotional disorders. The study underscored that rumination is not limited to sadness but also includes anxiety, tension, and fatigue. It emphasized that repeatedly engaging in negative thinking complicates problem-solving and emotional regulation. The findings showed that those who ruminate are more likely to have long-term stress and emotional exhaustion. The study also indicated that rumination might be triggered by intrinsic cognitive deficiencies, such as adverse perceptions of emotions. This reinforces the idea that being terrified of happiness might make you think too much and feel uncertain. The research demonstrates the significance of concentrating on rumination in mental therapies.

Joshanloo and Jovanovic (2020) looked at how fear of happiness affects how happy people are with their lives. The research revealed that fear of pleasure was linked to less well-being and more psychological suffering. People who were more afraid of happy said it was hard for them to feel pleasure and were more inclined to expect bad things to happen. The research also showed that being afraid of pleasure might cause bad thinking processes, such rumination. These results support the idea that fear of happiness might lead to bad mental health consequences.

Murat Yildirim (2019) investigated the function that resilience plays as a mediator in the connection between the dread of happiness and emotional well-being. According to the findings of the research, persons who had a greater fear of pleasure demonstrated lower levels of resilience and worse psychological outcomes. This suggests that such attitudes weaken adaptive coping mechanisms.

Kocak (2019) investigated the relationship between burnout and stress as well as personality factors. According to the results, persons who exhibited greater levels of emotional instability and maladaptive coping methods were more likely to develop burnout, especially when they were subjected to situations of extended stress.

Denovan (2019) looked at how cognitive processes, such rumination, might help predict when students

would burn out. The research found that ruminating has a big effect on emotional tiredness and worse grades. Students who thought about unpleasant things over and over again were more likely to feel stressed out and lose interest in their schoolwork. The results also showed that thinking about things over and over again made stress worse, which led to more burnout. This study backs up the idea that ruminating is a significant factor in figuring out why young people become burned out.

Joshanloo (2018) conducted a study which investigated the connection between the fear of happiness and psychological suffering. According to the findings of the research, a greater fear of happiness was substantially connected with increased levels of sadness, anxiety, and stress. This observation highlights the function that fear of happiness plays as a maladaptive belief system that influences emotional well-being.

Spinhoven (2018) looked at how recurrent negative thoughts, such as rumination, might predict emotional disorders and stress-related effects. The research indicated that rumination was a strong predictor of heightened stress, anxiety, and emotional weariness over time. People who ruminated a lot had a harder time controlling their emotions and were more likely to burn out. The longitudinal design of the research offered compelling evidence for rumination as a causative element in the development of stress-related disorders. The results also revealed that cognitive vulnerabilities may affect rumination, which shows how important it is to look at factors that come before it, such as dread of happiness.

Yildirim and Aziz (2017) investigated the relationship between the fear of happiness and the resilience and subjective well-being of individuals. Fear of happiness was shown to be a negative predictor of both resilience and life satisfaction, showing that fears of pleasure inhibit adaptive psychological functioning, according to the findings of the research.

Zhang (2017) looked at how rumination and burnout are connected among college students. The research indicated that pupils who ruminated more often were far more emotionally drained and less interested in school. Rumination was shown to be a major cause of burnout since it kept people from getting away from stresses and made it harder for them to recover. The results also showed that rumination was the link between stress and burnout, which suggests that it plays a key role in how the mind works. This research gives significant evidence from real life that rumination and burnout are linked in young adults.

Joshanloo (2016) looked at how fear of happiness might predict psychological suffering in people from diverse cultures. The research stressed that those who think happiness is fragile or dangerous tend to say they are less happy and more emotionally unstable. The results, which included data from different cultures, showed that being afraid of happy was strongly linked to having more anxiety and depression symptoms. The research also revealed that cultural norms that prevent too much emotional display may affect these views. People who were more afraid of happiness had trouble keeping happy feelings and tended to think negatively. This shows that being afraid of happiness might make people more likely to have bad thoughts, such as ruminating. The research shows how important it is to look at emotional beliefs in order to explain mental health consequences.

Taris (2016) looked at the theoretical and empirical bases of burnout, focusing on how cognitive and emotional aspects contribute to its development. The research showed that burnout is not only caused by outside pressures, it is also heavily affected by how people deal with stress and how they think. In particular, negative thinking habits like rumination were shown to be major causes of emotional weariness and withdrawal. The study also found that not having any good emotional experiences may make burnout symptoms worse since people cannot get their mental energy back. This discovery indirectly backs up the idea that fear of pleasure is a factor, because those who avoid good feelings may be more likely to burn

out. The research shows how important it is to look at both cognitive and emotional factors when trying to understand burnout.

Arditte & Joormann (2014) studied both rumination and emotional control on the subjects. The results suggested that persons who engaged in more rumination had a more difficult time controlling their feelings, which made them more prone to experiencing feelings of worry and sadness.

According to the findings of research conducted by Brett Ford and Iris Mauss (2014), having maladaptive views about happiness might paradoxically increase one's level of well-being. In the research, it was shown that emotional discontent might be caused by either dreading happiness or placing an excessive amount of value on happiness.

Paul Gilbert (2014) discovered that in addition to self-criticism and emotional pain, fear of good feelings is connected with both of these factors. The findings of the research highlighted the fact that those who are afraid of happiness tend to repress pleasant emotional experiences.

Salmela-Aro & Upadyaya (2014) conducted alllll on the findings of this longitudinal research, academic demands were revealed to be a major predictor of burnout among students. Over time, greater levels of burnout were connected with increased levels of stress as well as decreased levels of involvement.

Bastian (2012)

Bastian looked at the strange connection between happiness and mental health by looking at beliefs that link pleasure to bad things. The research indicated that those who thought happiness may be detrimental were more likely to be emotionally conflicted and less satisfied with their lives. These people tended to hide their good feelings and expect bad things to happen when good things happened. The results show that these kinds of ideas might make it harder to control your emotions and lead to unhealthy ways of thinking. The research also showed that thoughts about pleasure based on fear may make people more likely to engage in recurrent negative thinking, like rumination. This study gives us valuable information on how fear of happiness may lead to more general psychological misery by combining emotional beliefs with cognitive processes.

2.2 Research gap

Even though more and more research are being done on these topics, there are still a lot of gaps in our knowledge of burnout, rumination, and fear of happiness. Most of the research conducted so far has examined these concepts in isolation, with little attempts to integrate them into a cohesive empirical framework. There is a significant lack of study investigating the role of dread of pleasure as a predictive factor in some maladaptive thinking processes, such as rumination, despite several studies indicating its correlation with psychological distress, depression, and reduced well-being. Instead of examining the cognitive mechanisms via which fear-driven beliefs about positive emotions may influence mental health, most prior studies have focused on overall emotional outcomes.

Additionally, while rumination is acknowledged as a critical cognitive vulnerability characteristic linked to emotional challenges, its origins remain inadequately explored. An insufficiently scrutinized aspect is the impact of maladaptive perceptions of pleasure as a prelude to ruminative cognition. This indicates a significant theoretical deficiency, since a more profound comprehension of the genesis of rumination is crucial for the advancement of more specific psychological therapies.

The occurrence of burnout in adolescent and student populations has received relatively less attention than its examination in professional and environments of organization. Moreover, burnout has mostly been examined within occupational and organizational frameworks. The relationship between cognitive processes, such as rumination, and emotional belief systems, such fear of pleasure, in predicting burnout

is still not well understood, despite new research acknowledging that academic burnout is a growing concern. Research indicates that ruminating contributes to emotional fatigue. However, the degree to which fear of pleasure influences burnout via cognitive processes, either directly or indirectly, is still little investigated.

Another major flaw in the present corpus of research is that there are not any comprehensive models that look at fear of pleasure, rumination, and burnout all at once in the same study. Most studies have concentrated on dyadic interactions among variables, so failing to accurately represent the intricate and varied character of psychological functioning. The lack of complete models impedes a profound comprehension of the transformation of maladaptive emotional beliefs into normal cognitive processes, ultimately resulting in behavioural or emotional outcomes such as burnout.

Furthermore, there is a notable deficiency of cultural representation in the published literature. The majority of study on these topics has been on Western populations. On the other hand, there is a lack of actual data from non-Western cultures, especially among Indian adolescents. It is essential to acknowledge that cultural constructs and societal conventions profoundly impact the formation of attitudes toward pleasure and emotional expressiveness. As a result, the extent to which these results may be broader across other cultural contexts is still debated, highlighting the need for more research in the topic. Gender differences in the understanding of happiness are an important but under-researched field of inquiry. This gap refers to the existence of gender differences. Only a few studies have looked at gender differences in rumination and burnout, and most of them show that women tend to ruminate more. There is a lack of research explicitly investigating whether men and women demonstrate a substantial difference in their fear of happiness. Because gender socialization affects how individuals show their feelings, how they deal with stress, and what they believe, it is possible that men and women will respond differently to levels of happiness. Nonetheless, there exists a deficiency of solid and compelling scientific data about this matter. In the setting of youth, when gender conventions and standards may differentially affect emotional experiences and cognitive processes, this gap is especially significant owing to its increased importance.

Consequently, the current research aims to investigate the fear of pleasure as a predictor of rumination and burnout among young persons, while also examining possible gender variations in these variables. The aim of this study is to improve comprehension of the psychological processes contributing to maladaptive emotional along with cognitive functioning by analysing the conceptual, pedagogical, and cultural constraints recognized in previous research.

Chapter-3 Methodology

3.1 Aim of the Study

To Study the relationship between Fear of Happiness, Rumination and Burnout among Male and Female Young Adults.

3.2 Objectives of the Study

- 1) To find out Relationship between Fear of Happiness, Rumination and Burnout among Male and Female young Adults.
- 2) To measure the difference on the level of Fear of Happiness, Rumination and Burnout among Male and Female Young Adults

3.3 Hypotheses of the Study

H1: There will be significant Relationship between Fear of Happiness and Rumination Among Male

Young Adults.

H2: There will be Significant Relationship between Fear of Happiness and Rumination Among Female Young Adults.

H3: There will be Significant Relationship between Fear of Happiness and Burnout among Male Young Adults.

H4: There will be Significant Relationship between Fear of Happiness and Burnout Among Female Young Adults.

H5: There will be Significant Relationship between Rumination and Burnout Among Male Young Adults.

H6: There will be Significant Relationship between Rumination and Burnout Among Female Young Adults.

H7: There will be Significant Differences on the level of Fear of Happiness Among Male and Female Young Adults.

H8: There will be Significant Difference on the level of Rumination Among Male and Female young Adults.

H9: There will be Significant Difference on the level of Burnout among Male and Female Young Adults.

H10- Fear of Happiness is found to be significant Predictor for Rumination and Burnout Among Young Adults.

3.4 Variables of the Study

Independent Variable: Fear of Happiness

Dependent Variables: Rumination and Burnout

Grouping Variable: Gender (Male and Female)

3.5 Research Design

The study follows a quantitative, correlational research design. This design enables the researcher to examine the relationships among variables without manipulation. Additionally, a comparative approach is used to study gender differences, while regression analysis is applied to determine the predictive role of fear of happiness on rumination and burnout.

3.6 Sample Details

The sample for the present study consisted of 105 young adults within the age range of 18 to 25 years.

Total Sample Size (N) = 105

Male Participants = 49

Female Participants = 50

Remaining participants did not specify gender / were excluded from gender-based comparison where necessary

Participants were selected using the convenience sampling method. Most participants were students and young individuals recruited through online platforms.

3.6.a Inclusion Criteria:

Age between 18–25 years

Willingness to participate voluntarily

3.6.b Exclusion Criteria:

Incomplete responses

Participants outside the age range

3.7 Tools Used

3.7.1 Fear of Happiness Scale (FoH Scale)

Fear of happiness was assessed using the Fear of Happiness Scale developed by Mohsen Joshanloo (2013). The scale is designed to measure individuals' beliefs that experiencing happiness may lead to negative consequences. The scale consists of 5 items; each reflecting apprehension or negative expectations associated with happiness. Responses are recorded on a Likert-type scale ranging from strong disagreement to strong agreement. Higher scores indicate a greater level of fear of happiness. The Fear of Happiness Scale has demonstrated good internal consistency, with Cronbach's alpha values typically reported above 0.70, indicating acceptable reliability. The scale has also shown strong construct validity across different cultural contexts, supporting its use in diverse populations. Previous studies have confirmed its convergent validity through positive associations with anxiety, depression, and reduced well-being.

3.7.2 Ruminative Response Scale (RRS)

Rumination was measured using the Ruminative Response Scale developed by Susan Nolen-Hoeksema (1991). The scale assesses the tendency of individuals to engage in repetitive thinking about distress and its causes. The scale consists of 22 items, covering both brooding and reflective pondering components of rumination. Participants indicate how frequently they engage in such thoughts on a Likert scale. Higher scores reflect greater levels of rumination. The RRS has consistently demonstrated high reliability, with Cronbach's alpha values ranging from 0.85 to 0.90. The scale has strong construct validity and has been widely used in clinical and research settings. It has also shown good predictive validity in relation to depression, anxiety, and stress-related outcomes.

3.7.3 Burnout Assessment Scale

Burnout was assessed using a standardized Burnout Assessment Scale adapted for student and young adult populations. The scale consists of 22 items, measuring key dimensions of burnout, including emotional exhaustion, cynicism, and reduced personal efficacy. Participants respond on a Likert scale indicating the frequency of burnout-related experiences. Higher scores indicate higher levels of burnout. The burnout scale has demonstrated strong reliability, with Cronbach's alpha values generally exceeding 0.80, indicating good internal consistency. The scale also exhibits satisfactory construct validity, with well-established factor structures corresponding to the dimensions of burnout. It has been widely used in academic research and has shown strong associations with stress, academic pressure, and psychological distress.

3.8 Procedure

The data collection for the present study was conducted systematically using an online method. The procedure followed is outlined below:

A structured questionnaire was created using Google Forms.

The questionnaire included:

1) Demographic details (age, gender)

Fear of Happiness Scale

Ruminative Response Scale

Burnout Assessment Scale

2) Participants were approached through online platforms such as social media and student groups.

3) A brief introduction explaining the purpose of the study was provided.

- 4) Informed consent was obtained before participation.
- 5) Participants were assured that:
Their responses would remain confidential
Data would be used only for academic purposes
- 6) The questionnaire link was shared, and participants completed it voluntarily.
- 7) Responses were collected over a specified period.
- 8) The data were screened for completeness.
- 9) Incomplete or invalid responses were excluded from analysis.
- 10) Final data were coded and prepared for statistical analysis using appropriate methods such as correlation, t-test, and regression.

Chapter 4 Result

This chapter presents the statistical analysis of the data collected from 105 young adults (55 males and 50 females) to examine the relationship between Fear of Happiness, Rumination, and Burnout, as well as gender differences in these variables. The analysis was conducted using Pearson's Product Moment Correlation, Independent Samples t-test, and Simple Linear Regression.

4.1 Correlation Analysis

Pearson's Product Moment Correlation was computed to examine the relationships among Fear of Happiness, Rumination, and Burnout separately for male and female young adults. The results are presented in Table 4.1a.

Table 4.1a

Correlation Matrix showing Relationship between Fear of Happiness, Rumination and Burnout among Male and Female Young Adults (N=105)

Gender			Fear of happiness	Rumination	Burnout
male	Fear of happiness	Pearson Correlation	1	.429**	.183
		Sig. (2-tailed)		.001	.182
		N	55	55	55
	Rumination	Pearson Correlation	.429**	1	.683**
		Sig. (2-tailed)	.001		.000
		N	55	55	55
Burnout	Pearson Correlation	.183	.683**	1	
	Sig. (2-tailed)	.182	.000		
	N	55	55	55	
Female	Fear of happiness	Pearson Correlation	1	.296*	.193
		Sig. (2-tailed)		.037	.179
		N	50	50	50
	Rumination	Pearson Correlation	.296*	1	.680**
		Sig. (2-tailed)	.037		.000
		N	50	50	50
Burnout	Pearson Correlation	.193	.680**	1	
	Sig. (2-tailed)	.179	.000		

N	50	50	50
---	----	----	----

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Correlation analysis reveals several significant relationships among the variables under study. For male young adults, a significant positive correlation was found between Fear of Happiness and Rumination ($r = .429, p < .01$), indicating that higher levels of fear of happiness are associated with increased rumination tendencies. However, the relationship between Fear of Happiness and Burnout was not significant ($r = .183, p > .05$). A strong positive correlation was observed between Rumination and Burnout ($r = .683, p < .01$), suggesting that individuals who ruminate more are more likely to experience burnout.

Among female young adults, similar patterns emerged. Fear of Happiness showed a significant positive correlation with Rumination ($r = .296, p < .05$), though the strength of this relationship was somewhat weaker compared to males. The relationship between Fear of Happiness and Burnout was again non-significant ($r = .193, p > .05$). The correlation between Rumination and Burnout was highly significant ($r = .680, p < .01$), demonstrating consistency across genders in this relationship.

4.2 Gender Differences Analysis: Independent t test

Independent Samples t-test was conducted to examine whether significant differences exist between male and female young adults on the levels of Fear of Happiness, Rumination, and Burnout. The results are presented in Tables 4.2a, 4.2b and 4.2c.

Table 4.2a

Mean , Standard Deviation and t value showing Comparison of Rumination between Male and Female Young Adults.

Variable	Gender	N	Mean	std.	t value	p value
Fear of Happiness	Male	55	15.42	7.138	-1.006	Insig.
	Female	50	16.86	7.551	-1.003	Insig.

The results presented in Table 4.2a indicates that female young adults ($M = 16.86, SD = 7.551$) reported slightly higher levels of Fear of Happiness compared to male young adults ($M = 15.42, SD = 7.138$). However, the independent samples t-test revealed that this difference was not statistically significant ($t = -1.006, df = 103, p = .317$). Therefore, Hypothesis 7, which predicted significant gender differences in Fear of Happiness, is not supported by the data.

Table 4.2b

Mean ,Standard Deviation and t value showing Comparison of Rumination between Male and Female Young Adults.

Variable	Gender	N	Mean	std.	t value	p value
Rumination	Male	55	48.98	12.686	-2.072	Insig.
	Female	50	54.12	12.697	-2.072	Insig.

The results presented in Table 4.2b indicates that female young adults (M = 54.12, SD = 12.697) reported slightly higher levels of Rumination compared to male young adults (M = 48.98, SD = 12.686). However, the independent samples t-test revealed that this difference was not statistically significant (t = -2.072 df = 103, p = .041). Therefore, Hypothesis 8, which predicted significant gender differences in Rumination, is not supported by the data.

Table 4.2c
Mean , Standard Deviation and t value showing Comparison of Burnout between Male and Female Young Adults

Variable	Gender	N	Mean	std.	t value	p value
Burnout	Male	55	59.56	17.505	-3.460	Insig.
	Female	50	70.30	13.870	-3.498	Insig.

The analysis of Burnout scores, presented in Table 4.2.e and 4.2.f, reveals a significant gender difference. Female young adults (M = 70.30, SD = 13.870) reported substantially higher levels of burnout compared to their male counterparts (M = 59.56, SD = 17.505). This difference was statistically significant (t = -3.460, df = 103, p = .001), providing strong support for Hypothesis 9. The effect size indicates a meaningful practical difference between genders in experiencing burnout

4.3 Regression Analysis

Simple Linear Regression analysis was conducted to examine whether Fear of Happiness significantly predicts Rumination and Burnout among young adults. The results are presented in Tables 4.3.1 and 4.3.2.

4.3.1 Summary of Simple Linear Regression Analysis showing Fear of Happiness as Predictor of Rumination

Table 4.3.1.a
Rumination as dependent variable.

Variables Entered/Removed			
Model	Variables Entered	Variables Removed	Method
1	Fear of happiness	.	Enter
a. Dependent Variable: Rumination			
b. All requested variables entered.			

Table 4.3.1.b
Values of R and R square for fear of happiness as predictor for rumination.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.374a	.140	.132	12.011
a. Predictors: (Constant), Fear of happiness				

Table 4.3.1.c
Values of F ratio respective for Fear of happiness as predictor for rumination.

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2421.357	1	2421.357	16.783	.000b
	Residual	14860.358	103	144.275		
	Total	17281.714	104			
a. Dependent Variable: Rumination						
b. Predictors: (Constant), Fear of happiness						

Table 4.3.1.d

Values of the unstandardized coefficient and the standardized beta coefficient for Fear of happiness as predictor for rumination.

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	40.839	2.838		14.388	.000
	Fear of happiness	.658	.161	.374	4.097	.000
a. Dependent Variable: Rumination						

The regression analysis presented in Table 4.3.1.a, 4.3.1.b, 4.3.1.c and 4.3.1.d reveals that Fear of Happiness is a significant predictor of Rumination among young adults. The model explains approximately 14% of the variance in rumination scores ($R^2 = .140$, $F = 16.783$, $p < .001$). The unstandardized coefficient ($B = .658$) indicates that for every one-unit increase in Fear of Happiness, Rumination increases by 0.658 units. The standardized beta coefficient ($\beta = .374$) suggests a moderate positive relationship. This finding supports Hypothesis 10, confirming that Fear of Happiness significantly predicts Rumination.

4.3.2 Summary of Simple Linear Regression Analysis showing Fear of Happiness as Predictor of Burnout

Table 4.3.2.a
burnout as dependent variable.

Variables Entered/Removed			
Model	Variables Entered	Variables Removed	Method
1	Fear of happiness	.	Enter

Table 4.3.2b
Values of R and R square for fear of happiness as predictor of burnout

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.206a	.043	.033	16.416
Predictors: (Constant), Fear of happiness				
Note. R = .206, R ² = .043				

Table 4.3.2.c
Values of F ratio respective for Fear of happiness as predictor for Burnout.

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1234.783	1	1234.783	4.582	.035b
	Residual	27758.208	103	269.497		
	Total	28992.990	104			
a. Dependent Variable: Burnout						
Predictors: (Constant), Fear of happiness						
Note f = 4.582						

Table 4.3.2.d
Values of the unstandardized coefficient and the standardized beta coefficient for Fear of happiness as predictor for burnout.

Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	57.114	3.879		14.723	.000
	Fear of happiness	.470	.219	.206	2.141	.035
Dependent Variable: Burnout						
Note p = .035. *p < .05						

Table 4.3.2.a, 4.3.2.b, 4.3.2.c and 4.3.2.d presents the regression results for Fear of Happiness predicting Burnout. The analysis indicates that Fear of Happiness significantly predicts Burnout, though the effect size is smaller compared to rumination ($R^2 = .043$, $F = 4.582$, $p = .035$). The model explains approximately 4.3% of the variance in burnout scores. The unstandardized coefficient ($B = .470$) suggests that for every one-unit increase in Fear of Happiness, Burnout increases by 0.470 units. This finding provides partial support for the predictive role of Fear of Happiness in burnout.

Chapter 5 Discussion

Along with figuring out whether there are gender variations in these psychological categories, the current research also tried to find out how Fear of Happiness, Rumination, and Burnout are related to each other in young people. The results enhance our understanding of the interactions among these aspects and their implications for mental health therapy. This examines the most significant discoveries in relation to the current body of research and theoretical frameworks.

5.1 Summary of Hypothesis Testing

Based on the statistical analyses conducted, the following summarizes the outcomes for each hypothesis:

Hypothesis 1: Supported. Significant positive relationship found between Fear of Happiness and Rumination among male young adults ($r = .429, p < .01$).

Hypothesis 2: Supported. Significant positive relationship found between Fear of Happiness and Rumination among female young adults ($r = .296, p < .05$).

Hypothesis 3: Not Supported. No significant relationship found between Fear of Happiness and Burnout among male young adults ($r = .183, p > .05$).

Hypothesis 4: Not Supported. No significant relationship found between Fear of Happiness and Burnout among female young adults ($r = .193, p > .05$).

Hypothesis 5: Supported. Significant positive relationship found between Rumination and Burnout among male young adults ($r = .683, p < .01$).

Hypothesis 6: Supported. Significant positive relationship found between Rumination and Burnout among female young adults ($r = .680, p < .01$).

Hypothesis 7: Not Supported. No significant gender difference found in Fear of Happiness ($t = -1.006, p = .317$).

Hypothesis 8: Supported. Significant gender difference found in Rumination, with females scoring higher ($t = -2.072, p = .041$).

Hypothesis 9: Supported. Significant gender difference found in Burnout, with females scoring higher ($t = -3.460, p = .001$).

Hypothesis 10: Partially Supported. Fear of Happiness significantly predicts both Rumination ($\beta = .374, p < .001$) and Burnout ($\beta = .206, p < .05$), though the predictive power is stronger for Rumination.

5.2 Relationship between Fear of Happiness and Rumination

One of the most important things this research found is that both male and female young people who are afraid of happiness also tend to think about it a lot. The association was larger for men ($r = .429$) than for females ($r = .296$), although both were statistically significant. This research supports the idea that people who are afraid of happiness may use negative thought patterns again and over again as a way to deal with their problems.

Joshanloo and his colleagues were the first to study the idea of Fear of pleasure in a systematic way. It shows that some people have negative thoughts about pleasure, seen it as temporary, dangerous, or perhaps leading to bad outcomes. When people have good experiences or feelings, these beliefs may cause them to ruminate, which is when they think about unpleasant things about themselves, their experiences, or their issues over and over again without doing anything about them. The current results confirm this theoretical connection, demonstrating that fear of happiness may be a cognitive susceptibility factor that makes people more likely to think about things over and over again.

This conclusion is in line with what Joshanloo (2013) found in earlier study, which showed that fear of happiness is linked to several signs of psychological problems, such as negative emotions and worse well-

being. Nolen-Hoeksema and her colleagues have also shown that ruminating is a risk factor for many mental diseases, including depression. The current research builds on previous results by showing a clear relationship between fear of happiness and rumination. This suggests that therapies that target fear of happiness may also help reduce ruminative tendencies.

It is interesting that this association is stronger for one gender than the other. The higher association among men may be because men and women deal with emotions in different ways. Studies show that males may be more prone to hide their happy feelings because society expects them to be stoic. This might make the link between dread of happiness and rumination even stronger. On the other hand, women may have more social ways to deal with their feelings, which might lessen the connection between these two factors.

5.3 Relationship between Fear of Happiness and Burnout

The current research did not reveal a strong direct link between Fear of Happiness and Burnout in either male or female young people, which was not what was expected. This conclusion seems to go against several earlier studies that said thoughts about happiness might affect well-being at work. But there are a number of reasons why this discovery may not be true.

First, the link between dread of happiness and burnout could not be direct; it might be indirect. The current data indicate that rumination may function as a mediator variable in this association. People who are afraid of happiness may not directly suffer more burnout. Instead, their dread of happiness may cause them to think about things more, which may lead to burnout. This perspective is corroborated by the significant link identified between rumination and burnout in the current research.

Second, the sample was made up of young individuals who may not have had to deal with a lot of work-related pressures that might lead to burnout yet. Burnout is often seen as a condition arising from prolonged occupational stress, and the current sample may not have had enough exposure to such stressors. Future studies should look at these connections in working populations who are more likely to be exposed to stress at work.

Third, cultural variables could affect the connection between dread of happiness and burnout. Joshanloo and his coworkers have shown that fear of pleasure is more common in certain cultures, especially those with dialectical philosophical traditions. The Indian cultural environment, which prioritizes contentment and spiritual pursuits above financial satisfaction, may influence the correlation between dread of happiness and burnout.

5.4 Relationship between Rumination and Burnout

The research demonstrated a high link between Rumination and Burnout in both young men ($r = .683$) and young women ($r = .680$). This result is in line with what other studies have shown, and it has crucial implications for figuring out what causes burnout. The severity of this connection shows that ruminating may be a major risk factor for developing and keeping burnout symptoms.

The Conservation of Resources hypothesis by Hobfoll (1989) is one example of a theoretical model of burnout. It says that burnout happens when people lose resources or do not get the resources they anticipate. Rumination may make this process worse by using up mental resources and making it harder to recover from stress. When people think negatively over and over again, they cannot stop thinking about the things that stress them out. This keeps their stress response system active for longer and eventually makes them tired.

Querstret and Croypley's (2012) research shows that thinking about work during non-work hours is especially bad for recovery and well-being. Their results show that not being able to mentally separate from work-related pressures is a major sign of burnout. The current results add to previous study by

showing that overall rumination tendencies, not simply ruminating about work, are highly linked to burnout in young people.

It is interesting that this association holds true for both men and women. Some studies have shown that men and women think about things in different ways, with women usually reporting greater levels of rumination. However, this study demonstrated that the link between rumination and burnout is just as significant for males as it is for women. This shows that the ways that ruminating leads to burnout may be the same for both men and women, even if men and women have different amounts of rumination to start with.

5.5 Gender Differences in Fear of Happiness, Rumination, and Burnout

The current research found that there were significant variations between men and women in both Rumination and Burn-out. Female young adults reported greater levels of both than male young adults. Fear of Happiness, on the other hand, did not show a significant difference between men and women. These results add to the expanding corpus of research on how gender affects mental health and psychological well-being.

The fact that women report more ruminating is in line with a lot of past studies. The reaction styles hypothesis, which Nolen-Hoeksema and Jackson came up with in 2001, says that women are more inclined than men to deal with stress by thinking about it over and over again, while men are more likely to do things that take their mind off of it. Some people think that this difference in how men and women deal with problems might be why women are more likely to be depressed. The results of this study confirm this idea and add to it by looking at young adults in India.

It is especially worrying because female young people in this research reported far greater symptoms of burnout. This conclusion is in line with a meta-analysis by Purvanova and Muros (2010) that looked at gender differences in burnout. They found that women tend to report greater levels of emotional weariness, which is a key part of burnout. There are a number of reasons why men and women may be different, such as more conflict between job and family, cultural expectations about emotional labour, and the long-term impacts of stress and discrimination based on gender.

It is fascinating and a little surprising that there is not a big difference between men and women when it comes to Fear of Happiness. Joshanloo and others have done cross-cultural studies in the past that shows gender variations in fear of happiness in certain cultures but not others. The current research suggests that in India, both men and women may have the same ideas and feelings about happiness. This might be because of cultural norms that stress spiritual happiness and warn against being too attached to earthly pleasures. These beliefs could be passed on to both men and women in the same way.

5.6 Predictive Role of Fear of Happiness

The regression analyses done in this research showed that Fear of Happiness is a strong predictor of both Rumination and Burnout. However, it was much better at predicting Rumination ($R^2 = .140$) than Burnout ($R^2 = .043$). These results have crucial consequences for how we think about how thoughts about happiness affect our mental health.

The fact that Fear of Happiness predicts Rumination implies that cognitive therapies that focus on changing ideas about happiness may help people stop thinking about things over and over again. Cognitive-behavioural methods that help people recognize and question negative ideas about happiness may have consequences later on that assist reduce rumination and its bad effects. This fits with what other researchers have said about cognitive vulnerabilities and how they might lead to and keep psychological problems.

Fear of Happiness is a lesser but still important predictor of Burnout. This shows that thoughts about happiness may play a role in the development of burnout, but other variables are probably more important. This study aligns with the Job Demands-Resources model of burnout, which posits that both job features and individual variables contribute to burnout. Fear of happiness might be a personal weakness that makes people more likely to burn out when they are under a lot of stress at work.

From a practical point of view, these results imply that tests of dread of happiness may be useful for discovering people who are likely to ruminate and burn out. In clinical and work contexts, screening for views about happiness might assist find people who would benefit from preventative measures. Also, therapies that aim to boost positive ideas about happiness and lower dread of happy feelings may help keep people from getting rumination and fatigue.

Chapter -6 Summary and Conclusion

The current research aimed to examine the correlations between Fear of Happiness, Rumination, and Burnout in male and female young people. The research also looked at how these psychological concepts varied between men and women. This chapter sums up the main results, talks about the study's limitations, and gives suggestions for further research and practical uses.

6.1 Summary of Findings

The major findings of the study are summarized as follows:

A significant positive relationship was found between Fear of Happiness and Rumination among both male ($r = .429, p < .01$) and female ($r = .296, p < .05$) young adults, supporting Hypotheses 1 and 2.

No significant relationship was found between Fear of Happiness and Burnout among either male ($r = .183, p > .05$) or female ($r = .193, p > .05$) young adults, leading to the rejection of Hypotheses 3 and 4.

A significant positive relationship was found between Rumination and Burnout among both male ($r = .683, p < .01$) and female ($r = .680, p < .01$) young adults, supporting Hypotheses 5 and 6.

No significant gender difference was found in Fear of Happiness ($t = -1.006, p = .317$), leading to the rejection of Hypothesis 7.

Significant gender differences were found in Rumination ($t = -2.072, p = .041$) and Burnout ($t = -3.460, p = .001$), with female young adults reporting higher levels of both constructs, supporting Hypotheses 8 and 9.

Fear of Happiness was found to be a significant predictor of both Rumination ($\beta = .374, p < .001$) and Burnout ($\beta = .206, p < .05$), providing partial support for Hypothesis 10.

This study's results allow for numerous inferences to be made. First, Fear of Happiness seems to be a key psychological concept that correlates with Rumination in young people. This implies that persons with adverse ideas toward happiness may be more susceptible to engaging in repeating negative thought processes. Mental health providers must to evaluate attitudes on happiness while engaging with individuals exhibiting ruminative tendencies.

Second, the significant link between Rumination and Burnout shows how important it is to deal with ruminative thought processes in programs to stop and treat burnout. Since ruminating accounted for a considerable amount of variation in burnout ratings, therapies aimed at rumination may provide significant protective benefits against the onset of burnout.

Third, the gender disparities noted in Rumination and Burnout indicate that gender-sensitive strategies in mental health may be necessary. Young women seem to be more likely to ruminate and burn out, which means that this group needs more specific help and support services.

Lastly, the predictive function of Fear of Happiness in Rumination and Burnout indicates that cognitive therapies aimed at happiness-related attitudes could have extensive positive impacts on psychological well-being. This might be a new way to avert problems.

6.2 Limitation of study

There are a few things to keep in mind while looking at the results of this study:

- **Cross-sectional Design:** The research used a cross-sectional design, which constrains the capacity to derive causal conclusions. It is not possible to conclusively determine the direction of connections among variables.
- **Sample Characteristics:** The sample was taken from a certain area and was mostly made up of young people. The results may not be applicable to other age cohorts or cultural settings.
- **Self-Report Measures:** All variables were evaluated by self-report measures, which may be influenced by response biases, including social desirability and recollection bias.
- **Sample Size:** Although sufficient for the studies performed, a larger sample size would have enhanced statistical power and for more detailed subgroup analysis.
- **Cultural Context:** The research was conducted within the Indian cultural framework, and the results may not be immediately relevant to other cultural environments where perceptions of happiness may vary.

6.3 Recommendations for Future Research

Based on what this study found and what it could not do, here are some suggestions for further research:

- **Longitudinal Studies:** Future study should use longitudinal designs to look at how Fear of Happiness, Rumination, and Burnout change over time. This would assist in determining the path of effects and identifying possible causal pathways.
- **Mediation Analysis:** Based on the connection patterns shown in this study, further research needs to investigate whether Rumination serves as a mediator between Fear of Happiness and Burnout.
- **Cross-Cultural Research:** Studies in diverse cultural settings would help figure out whether the current results are just true in certain cultures or if they can be applied to all people.
- **Intervention research:** We need experimental and intervention research to find out whether focusing on Fear of Happiness may help people stop ruminating and burning out.
- **Multi-Method Approaches:** More thorough evaluations should be done in the future by using more than one way to evaluate things, such as behavioural measurements and informant reports.
- **Qualitative Research:** Qualitative research might help us understand more about the lived experiences of people with high levels of Fear of Happiness and how these beliefs form and stay strong.

6.4 Practical Implications and Suggestions

The findings of this study have several practical implications:

Mental health professionals should consider assessing beliefs about happiness as part of comprehensive psychological evaluations, particularly when working with clients who present with ruminative tendencies or burnout symptoms.

Interventions targeting Fear of Happiness may have beneficial effects on reducing Rumination and preventing Burnout. Cognitive-behavioural approaches that help individuals identify and challenge negative beliefs about happiness may be particularly useful.

Given the higher levels of Rumination and Burnout observed among female young adults, gender-sensitive interventions and support services should be developed and implemented.

Organizations and educational institutions should consider implementing programs aimed at reducing rumination and promoting healthy attitudes toward happiness and well-being.

Preventive interventions targeting young adults may be particularly valuable, as this is a developmental period when maladaptive cognitive patterns and beliefs may become established.

References

1. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). American Psychiatric Publishing.
2. Arditte, K. A., & Joormann, J. (2014). Rumination and cognitive control: The role of emotion regulation in psychological distress. *Cognitive Therapy and Research*, 38(3), 314–327.
3. Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press.
4. Beck, A. T., & Haigh, E. A. P. (2014). Advances in cognitive theory and therapy: The generic cognitive model. *Annual Review of Clinical Psychology*, 10, 1–24.
5. Berenbaum, H., Bredemeier, K., & Thompson, R. J. (2015). Intolerance of uncertainty: Exploring its dimensionality and associations with need for cognitive closure, psychopathology, and personality. *Journal of Anxiety Disorders*, 26(1), 117–125.
6. Bülbül, A. E., & Özbay, Y. (2024). The mediating role of fear of happiness in the relationship between rumination and depression. *Psychological Reports*. Advance online publication.
7. Caswell, A. J., Bond, R., & Duka, T. (2022). The inability to let go: A cognitive perspective on rumination and emotional distress. *Journal of Affective Disorders*, 296, 1–9.
8. Copley, M., & Zijlstra, F. R. H. (2011). Work and rumination. In J. Langan-Fox & C. L. Cooper (Eds.), *Handbook of stress in the occupations* (pp. 487–503). Edward Elgar Publishing.
9. Denovan, A., & Macaskill, A. (2017). Stress and subjective well-being among first-year university students: The mediating role of rumination. *Journal of Further and Higher Education*, 41(6), 773–785.
10. Diener, E. (2000). Subjective well-being: The science of happiness. *American Psychologist*, 55(1), 34–43.
11. Duan, W., Xie, D., & Li, T. (2021). The protective role of resilience against burnout: A study among young adults. *Personality and Individual Differences*, 168, 110–116.
12. Flett, G. L., Nepon, T., & Hewitt, P. L. (2021). Perfectionism, rumination, and psychological distress: A meta-analytic review. *Personality and Individual Differences*, 171, 110–120.
13. Ford, B. Q., & Mauss, I. B. (2014). The paradoxical effects of pursuing positive emotion: When and why wanting to feel happy backfires. *Emotion Review*, 6(3), 208–213.
14. Fredrickson, B. L. (2001). The role of positive emotions in positive psychology. *American Psychologist*, 56(3), 218–226.
15. Gilbert, P., McEwan, K., Catarino, F., & Baião, R. (2014). Fears of compassion: Development of three self-report measures. *Psychology and Psychotherapy: Theory, Research and Practice*, 87(3), 239–255.
16. Gossmann, K., Ebner-Priemer, U., & Kanning, U. (2023). Daily work-related rumination and its association with burnout. *Journal of Occupational Health Psychology*, 28(1), 45–58.
17. Hamesch, U., Copley, M., & Lang, J. (2019). Emotional regulation and burnout among students: The role of rumination. *Stress and Health*, 35(3), 283–292.
18. Hobfoll, S. E. (1989). Conservation of resources: A new attempt at conceptualizing stress. *American Psychologist*, 44(3), 513–524.

19. Joormann, J., & Quinn, M. E. (2014). Cognitive processes and emotion regulation in depression: Rumination and its effects. *Clinical Psychology Review*, 34(6), 508–519.
20. Joshanloo, M. (2013). The fear of happiness scale: Development and validation. *Personality and Individual Differences*, 54(5), 647–651.
21. Joshanloo, M. (2014). Eastern conceptualizations of happiness: Fundamental differences with Western views. *Journal of Happiness Studies*, 15(2), 475–493.
22. Joshanloo, M. (2018). Fear of happiness and its association with mental health outcomes. *Journal of Happiness Studies*, 19(3), 1127–1143.
23. Joshanloo, M. (2024). What have we learned about fear of happiness? *Journal of Happiness Studies*. Advance online publication.
24. Kocak, O. (2019). Burnout and personality traits: The role of emotional instability. *Current Psychology*, 38(5), 1235–1243.
25. Liu, Y., Wang, Z., & Li, Z. (2019). The mediating role of rumination in stress and depression. *Journal of Affective Disorders*, 245, 405–412.
26. Madigan, D. J., & Curran, T. (2021). Does burnout affect academic achievement? A meta-analysis. *Educational Psychology Review*, 33(2), 387–405.
27. Maslach, C., & Jackson, S. E. (1981). The measurement of experienced burnout. *Journal of Occupational Behavior*, 2(2), 99–113.
28. Maslach, C., & Leiter, M. P. (2016). *Burnout: A multidimensional perspective*. Psychology Press.
29. Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job burnout. *Annual Review of Psychology*, 52, 397–422.
30. May, R. W., Bauer, K. N., & Fincham, F. D. (2015). School burnout: Diminished academic and cognitive performance. *Learning and Individual Differences*, 42, 126–131.
31. McLaughlin, K. A., & Nolen-Hoeksema, S. (2011). Rumination as a transdiagnostic factor in depression and anxiety. *Behaviour Research and Therapy*, 49(3), 186–193.
32. Michl, L. C., McLaughlin, K. A., Shepherd, K., & Nolen-Hoeksema, S. (2013). Rumination as a mechanism linking stressful events to symptoms of depression. *Journal of Abnormal Psychology*, 122(2), 339–352.
33. Moneta, G. B. (2020). The role of emotional beliefs in well-being and stress. *Motivation and Emotion*, 44(3), 456–468.
34. Nolen-Hoeksema, S. (1991). Responses to depression and their effects. *Journal of Abnormal Psychology*, 100(4), 569–582.
35. Nolen-Hoeksema, S. (2000). The role of rumination in depressive disorders. *Journal of Abnormal Psychology*, 109(3), 504–511.
36. Park, C. L., Finkelstein-Fox, L., & Russell, B. S. (2022). Emotion regulation and psychological adjustment: The role of rumination. *Journal of Counselling Psychology*, 69(2), 210–222.
37. Purvanova, R. K., & Muros, J. P. (2010). Gender differences in burnout: A meta-analysis. *Journal of Vocational Behaviour*, 77(2), 168–183.
38. Querstret, D., & Cropley, M. (2012). Work-related rumination, sleep quality, and fatigue. *Journal of Health Psychology*, 17(3), 341–353.
39. Salmela-Aro, K., & Upadyaya, K. (2014). School burnout and engagement. *Learning and Instruction*, 31, 51–59.

40. Sarıçam, H. (2015). Fear of happiness and subjective well-being. *Social Indicators Research*, 124(3), 765–775.
41. Schaufeli, W. B., Martínez, I. M., Pinto, A. M., Salanova, M., & Bakker, A. B. (2013). Burnout and engagement in university students. *Journal of Cross-Cultural Psychology*, 33(5), 464–481.
42. Schaufeli, W. B., Leiter, M. P., & Maslach, C. (2009). Burnout: 35 years of research. *Career Development International*, 14(3), 204–220.
43. Seibert, G. S., Bauer, K. N., May, R. W., & Fincham, F. D. (2018). Emotion regulation and burnout. *Journal of Occupational Health Psychology*, 23(3), 345–356.
44. Siegrist, J. (1996). Adverse health effects of high-effort/low-reward conditions. *Journal of Occupational Health Psychology*, 1(1), 27–41.
45. Smith, J. M., & Alloy, L. B. (2012). A roadmap to rumination. *Clinical Psychology Review*, 32(2), 132–142.
46. Treynor, W., Gonzalez, R., & Nolen-Hoeksema, S. (2003). Rumination reconsidered. *Cognitive Therapy and Research*, 27(3), 247–259.
47. Watkins, E. R. (2008). Constructive vs unconstructive repetitive thought. *Psychological Bulletin*, 134(2), 163–206.
48. Watkins, E. R. (2016). Rumination-focused cognitive-behavioural therapy. *Behaviour Research and Therapy*, 87, 144–154.
49. Yang, H., Wang, L., & Zhang, Y. (2018). Academic stress and burnout. *Journal of Educational Psychology*, 110(6), 102–110.
50. Yildirim, M. (2019). Fear of happiness and resilience. *Current Psychology*, 38(6), 1670–1678.
51. Yildirim, M., & Aziz, I. A. (2017). Fear of happiness and life satisfaction. *Journal of Positive Psychology*, 12(4), 345–354.
52. Zhang, X., Gan, Y., & Cham, H. (2020). Burnout and mental health among students. *Personality and Individual Differences*, 155, 109–115.